

GENE Bios Spring 2023

## **Our GENE coaches are all working to finish their Masters' of Science in Nutrition here at Cal State LA.**

**Coach Luis** is a determined and reliable coach who seeks an opportunity to contribute, educate, and share cooking and nutritional skills with you. He enjoys conversations together about healthy, affordable, and quick meal ideas. He's attentive, thoughtful, caring, and humble. Luis values your authenticity and cares for the welfare of animals. He finds rainy days to be magical; music an alternative medicine for the soul; books a portal to wonder; cooking a way of self-expression; and food a basic human right.

**Coach Eduardo** loves snacks as much as the next person. Do you feel the same? His love for food has led him to pursue a Master's degree in Nutrition. As a future dietitian, he recognizes that food is not just fuel but also a source of enjoyment and comfort. Eduardo has refined his skills by working at USC and Kaiser Permanente health systems. He believes in helping you reach realistic and manageable goals while enjoying the foods you love. Let's guide you to reaching your health goals.

**Coach Daisy** is a registered dietetic technician working in a clinic that helps people to achieve peace with food. She believes that food should bring people together and bring joy. She enjoys collecting Starbucks cups and baking and cooking food for loved ones to enjoy. She plans to use her nutrition degree to help individuals find the joy in eating foods while living to their fullest in this busy world. Book a session with Daisy and leave feeling confident and comfortable with enjoying your food to the fullest.

With over three decades of personal and professional cooking experience, **Coach Christina** is a food enthusiast who loves to talk about 'all things' food. She can work with you to develop healthy cost and time-saving recipes, as well as ideas for how to reduce food waste and repurpose leftovers. She also has a few creative ways to sneak extra vegetables into those recipes that even the picky eaters will enjoy. If you are in need of some recipe inspiration and ways to save a little time and money in the kitchen, she'd be happy to help!

**Coach Christian** enters the nutrition field to explore his passion for health and wellness. He appreciates the importance of nutrition as a contributor to overall health. He plans to share his years of nutritional knowledge to support and guide you to meet the next best version of yourself: a healthy, successful, happier YOU. Are you ready? Let's envision your next steps together.

**Coach Esther** is working as a nutrition assistant at Hoag Hospital in Irvine. With a background in hospitality management, she loves to travel and enjoys immersing herself in diverse cultures. She was born in South Korea, moved to the Philippines, Singapore, and finally to California, and she loves snowboarding, swimming, and scuba diving during her spare time. Esther believes that your gut is your second brain and becoming aware that food can do more things than satisfying hunger is the first step to healthy eating. She can't wait to listen to your story and be a part of your health journey.